



# **SURVIVING THE DEATH OF A SIBLING: Living Through Grief When an Adult Brother or Sister Dies**

*T.J. Wray*

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When T.J. Wray lost her 43-year-old brother, her grief was deep and enduring and, she soon discovered, not fully acknowledged. Despite the longevity of adult sibling relationships, surviving siblings are often made to feel as if their grief is somehow unwarranted. After all, when an adult sibling dies, he or she often leaves behind parents, a spouse, and even children—all of whom suffer a more socially recognized type of loss.

Based on the author's own experiences, as well as those of many others, **Surviving the Death of a Sibling** helps adults who have lost a brother or sister to realize that they are not alone in their struggle. Just as important, it teaches them to understand the unique stages of their grieving process, offering practical and prescriptive advice for dealing with each stage.

In **Surviving the Death of a Sibling**, T.J. Wray discusses:

- Searching for and finding meaning in your sibling's passing
- Using a grief journal to record your emotions
- Choosing a grief partner to help you through tough times
- Dealing with insensitive remarks made by others

Warm and personal, and a rich source of useful insights and coping strategies, **Surviving the Death of a Sibling** is a unique addition to the literature of bereavement.

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